



Monthly Strides

Taking strides to better your health

December Issue Includes

- National Drunk and Drugged Driving Month
- National AIDS Day (December 1)
- National Hand Washing Awareness Week (December 6-12)

National Drunk and Drugged Driving Month

Some signs of a driver who may be drunk include straddling lanes, driving with headlights off, erratic braking or stopping, slow response to traffic signals, weaving across the road, driving on the wrong side of the road or off the roadway and tailgating. Keep your distance, write down the license plate number and don't hesitate to phone 911—it could save lives.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "alcohol" in the Search box to learn more about alcohol and other drugs.

World AIDS Day

Today there are more and more People living with HIV:

- 33 million people living with HIV worldwide
- 30.8 million adults
- 15.5 million women
- 2.0 million children under 15

The aim of World AIDS Day is to bring to people's attention the world-wide challenges and consequences of the epidemic—ultimately, preventing the spread of HIV and improving the lives of people living with the virus.

To learn more, visit www.worldaidsday.org.

Hand Washing Week

We need to understand that humans spread infectious disease, but some can be prevented. Sometimes, all it takes is awareness of our own personal hand hygiene. Follow these three principles to help prevent the spread of infectious diseases:

1. Wash your hands vigorously with warm water and soap when they are dirty and before eating.
2. Never cough or sneeze into your hands or out toward others (use a tissue to cough or sneeze into your arm).
3. Don't put fingers in your eyes, nose or mouth.

Did you also know that the kitchen can be full of germs? To avoid food born illnesses, keep sponges (or dishcloth) clean. This porous water-holder also traps grease and food, allowing for bacterial growth. The cutting board is also an item that should be cleaned after each use and should not be cross contaminated with meats and fruits and vegetables in the same use. Wooden boards may hold blood and juices.

To learn more, visit www.henrythehand.com.

